IT'S EASY. SEE FOR YOURSELF.

How to use your Cigna Vision plan

Cigna's Vision plan gives you and your family access to quality vision and eye care. Visit your eye doctor regularly to help prevent disease and maintain healthy eyes.

A specialty network that's truly special

Good news. With a Cigna Vision plan, you have access to the largest specialty network of quality eye doctors.[1] From private practice optometrists and ophthalmologists to nationally recognized retail eye care stores, you'll be sure to find a convenient, trusted doctor in your area.

If you choose one of our in-network eye doctors, you'll get the most savings and virtually no paperwork. You can also choose to see an eye doctor who is out of the network. If you do, you'll have to pay for the service in full at the time of the appointment. And you'll need to submit a claim form to get reimbursed. You are responsible for paying any charges that are not covered under your plan.

Finding a doctor

There are three ways to find a quality eye doctor in your area:

1. Log in to **myCigna.com**, go to your Cigna Vision coverage page and search the Cigna Vision Directory.
2. Don't have access to **myCigna.com**? Go to **Cigna.com** and click on the orange Find a Doctor tab at the top. Then select "Eye Doctor" from the list below and click on the "Cigna Vision Directory" link.
3. Prefer the phone? Call the toll-free number found on your Cigna insurance card and talk with a Cigna Vision customer service representative.

We do our best to keep all our information as up-to-date as possible. However, it's always wise to call the eye doctor's office before your visit to make sure they participate in Cigna's network. Please have your Cigna or Cigna Vision ID available when you call.

Connect to more

Once you've signed up for Cigna Vision, you can get all your vision plan details online at **myCigna.com**. Find your specific plan information, all your claims and choose a doctor – all online.

If you can't access **myCigna.com**, please go to **Cigna.com**. At the bottom of the homepage (under "Other Cigna Sites For..."), select "More Cigna Sites." Then, under "Websites for those already with Cigna," click "Cigna Vision." Sign in for your plan details.

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Offered by: Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company.

Schedule an appointment

Be sure to let your eye doctor's office know you've got Cigna Vision coverage. Show them your Cigna or Cigna Vision ID card when you go to your appointment. This will help the doctor's office access your plan details and make sure you're eligible.

Getting reimbursed for a claim

Submitting a claim for reimbursement is easy:

1. Fill out the Cigna Vision claim form. You can find it online at **Cigna.com** under "Forms," or on **myCigna.com** under "Forms." **Make sure to download the Cigna Vision claim form and not the medical form.**
2. Attach your itemized receipt.
3. Send to: Cigna Vision, Claims Department
   PO Box 997561
   Sacramento, CA 95899-7561

If you have any questions, call Cigna Vision customer service at the toll-free number found on your Cigna insurance card.

Did you know?

- Refractive errors are one of the most common and correctable causes of visual impairment in the United States.[2]
- One in four children has a vision problem that can interfere with learning.[3]
- Getting your eyes dilated as part of your routine eye exam can help diagnose the early stages of diabetes — far earlier than a regular health exam.

1. Based on publicly available competitive industry numbers.
2. National Eye Institute (NEI); Vital, Ellwein, Cotch, Ferris & Sperduto (2008); Prevelence of refractive error in the United states, 1994–2004 Archives of Ophthalmology
3. American Optometric Association, "Comprehensive Eye Exams Particularly Important for Classroom Success." August 2008 Press Release.

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Benefits are underwritten or administered by Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company. Any benefit information is intended as a summary of benefits only. It does not describe all the terms, provisions and limitations of your plan. Participating providers are independent contractors solely responsible for your routine vision examinations and products.

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